

**Seeing clearly****Soldiers receive PRK procedure at IACH**

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Fort Riley Post

Homework help**Students spend study time at Teen Center**

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Thursday, March 8, 2007

Home of the Big Red One

Vol. 50, No. 10

Post, Army news briefly**Post Soldier found dead**

Spec. Henry D. Picard, 22, was found dead March 1 on the north side of Milford Lake Dam. He was assigned to the Headquarters and Headquarters Detachment, 97th Military Police Battalion. Picard's home of record is Orland Park, Ill.

He entered the Army in April 2004 and arrived at Fort Riley October 2004. Picard deployed to Iraq October 2004. The incident is under investigation.

Daylight Saving Time to begin

This year, Daylight Saving Time will start at 2 a.m. March 11. Standard time will resume the first Sunday in November.

15th Finance set to deploy

Fort Riley's finance detachment is scheduled to deploy to Iraq this summer.

Approximately 20 Soldiers from Detachment F, 15th Finance Battalion recently received orders for deployment. This is the unit's first deployment in support of Operation Iraqi Freedom.

The unit will provide military pay support, disbursing operations and commercial vendor services to units in theater.

Effective March 1, the unit will begin working with the Defense Military Pay Office on post to hand over military pay-related issues to the civilian staff. The DMPO will take over May 1.

Military pay will still be located at Building 212 on Main Post. In- and out-processing will remain at Building 210. Hours of operation for both offices are 9 a.m. to 4 p.m., Monday through Friday.

The privately owned vehicle storage lot, also run by Det. F, will fall back under Garrison control.

Dining facility changes hours

The Combat Aviation Brigade Dining Facility hours have changed. The dining facility is now open for breakfast starting at 6 a.m., and will be until May 11. This change is necessary to provide support for the increased head count received during Soldiers in-processing.

Stay 'In Step' with Fort Riley

See what's happening at Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m., or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV Channel 13.

Stories planned for this week's show, which runs on WIBW TV March 10 and on the post's cable channel 2 March 12-18 are:

- 70th Eng. Bn. deployment ceremony
- National Prayer Luncheon
- Interview with Col. James Trogon about the 1st Eng. Bn. in Iraq
- Fort Riley mentoring program
- Tanks arrive at Fort Riley for 3rd Brigade

IACH excels during commission survey

By Lisa Medrano

IACH PAO, and

Spec. Stephen Baack

1st Inf. Div. PAO

Personnel at Fort Riley's Irwin Army Community Hospital received a vote of confidence after successfully undergoing a comprehensive standards, safety and quality evaluation by the Joint

Commission Feb. 13 to 15.

The Joint Commission, which until this year was known as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), has been active since 1951 and accredits nearly 15,000 civilian and military healthcare organizations per year.

"There was an overwhelming, positive response to the surveyors from all levels of IACH staff,

which portrayed a high level of confidence within our facility," said Dr. (Lt. Col.) Kirk Eggleston, deputy commander for Clinical Services at IACH.

Three healthcare professionals from the commission comprised the evaluation team, which showed up unannounced to IACH. The number of evaluators is determined by the size of the medical treatment facility (MTF),

with each evaluator possessing years of training and expertise in the technical infrastructure and operation of hospitals.

A urologist from New York, a nurse from California and a behavioral health expert from Ohio scrutinized patient in-take processes; individualized clinical care and intervention plans; medication management; reconciliation and supply procedures; time-

in and time-out records; patient-care customization based upon cultural and religious beliefs, emotional barriers and cognitive or physical barriers; environment of care and provider licensure certification and verification.

The surveyors employed an inspection process known as tracer methodology, in which an eval-

See IACH, Page 3

Drive on



1st Sust. Bde./Merritt

Spec. Gabriel Hernandez, a truck driver with 24th Trans. Co., mans the .50-caliber machine gun during the convoy live-fire exercise Feb. 14 at the Multipurpose Range Complex.

Soldiers prepare for 'dangerous job'

By Pfc. Andrea Merritt

1st Sust. Bde. PAO

Soldiers of the 24th Transportation Company conducted a convoy live-fire exercise recently as part of a week-long training exercise at the Multipurpose Range Complex in preparation for their upcoming deployment.

While at the range, Soldiers convoyed through lanes and engaged pop-up targets in military vehicles equipped with .50-cal-

iber machine guns and M249 squad automatic weapons.

The convoy made three stops on its way through the lane. On the first two stops, the .50 caliber machine gun operators fired at the targets, leaving a trail of blue ammo casings in their wake.

The SAW gunners lined up on the firing line and suppressed the targets on the last stop.

"We're a truck company so our mission downrange is going to be convoy opera-

tions, which is one of the most dangerous jobs down there," said Sgt. 1st Class Richard Williams, truckmaster for the 24th Trans. Co.

The Soldiers practiced their gunnery skills because they will have to know how to defend the convoy in case of an attack, Williams said.

With 127 Soldiers in the field, the Soldiers had to rotate through the lanes, but the training never stopped.

See 24th Trans. Co., Page 3

No end in sight

Construction continues across post

By Laura Stroda

The Daily Union

Cement trucks, roofing crews and electrical contractor vans are a common sight on post these days. Construction of some sort can be seen just about everywhere.

"Will it ever end?" "No, it's a never-ending process," said Mike Goreham, chief of Fort Riley's Master Planning Division, which oversees and plans the post's construction.

Even though there is about \$1 billion in construction planned through fiscal year 2013, by that time, facilities that were built in the early '80s will need either serious renovation or total replacement, he said.

Finding places to put Soldiers is a common problem on Custer Hill, where the majority of units and Soldiers are situated. Currently, there are about 4,500 spaces for single Soldiers on the hill. When construction of new barracks facilities are complete, there will be room for about 6,000.

A major difference between new and old barracks facilities will be more privacy for Soldiers. In the old buildings, several Soldiers share a room and what are referred to as "gang latrines," where 20 to 30 Soldiers share a bathroom facility. In the new barracks buildings, two Soldiers will share a private bathroom.

Another place where Soldiers are sometimes crammed into sleeping quarters is Camp Funston, where transition team Sol-

See Construction, Page 3

Soldiers honored for taking 'harder right'

By Spec. Stephen Baack

1st Inf. Div. PAO

"Big Red One" Soldiers of one unit who are helping servicemembers stay safe in Iraq are themselves avoiding a killer on the home front — driving under the influence.

The Soldiers of Company C, 2nd Battalion, 34th Armor, were presented with a three-year DUI-free streamer during a ceremony outside the company's headquarters Feb. 28.

Though the company is a unit of fewer than 20 Soldiers that has been re-missioned to train transition team members as advisers to security forces in Iraq and Afghanistan, they were about 75-strong up until September.

"The bottom line about this is

that this three-year period has transcended from way back in tanking operations, up until now," said Lt. Col. David Seigel, battalion commander, 2nd Bn., 34th Armor.

"They've been able to maintain, even though there's quite a lot of change going on here at Fort Riley. One thing that has remained constant is C Company setting the standard and making the right choice."

Seigel said he admires the fact each one of them has made the right decision not to drive after drinking.

"This is an example for all to follow, and I'm very proud of them," he said.

Capt. Bart Ransone, commander of Co. C, said his priority upon redeployment from Iraq last year was to reinforce the buddy system and to make sure his Sol-

diers always had definite plans.

"These guys had some huge bonds in Iraq, and when they came back they kept them," Ransone said. "They kept each other safe."

Another main point Ransone stressed was that of cohesion throughout the whole company.

"I think that's been the key for this company to maintain this, that we've always depended on each other, and we've always been there for each other," Ransone added.

Also, Ransone said, if one of his Soldiers needs a ride home and has not called every number, he has failed. Ransone tells his unit every week that his cell phone is always on him and always on.

See DUI-free, Page 4



1st Inf. Div./Baack

2nd Bn., 34th Armor Commander Lt. Col. David Seigel and Co. C Commander Capt. Bart Ransone display the company's newest streamer. The Company earned the streamer for being DUI-free for three years.





Aviator receives award for helping at accident scene

By Pfc. Dustin Roberts
CAB PAO

An aviation Soldier went above and beyond the call of duty and was rewarded for it.

Pfc. Jason Beasley, Company A, 601st Aviation Support Battalion, was presented the Army Commendation Medal by Maj. Gen. Carter Ham, the 1st Infantry Division and Fort Riley commanding general, Feb. 23 at Barlow Theater.

Beasley's received the award in recognition for his for selfless service and personal courage at the scene of a three-vehicle accident Jan. 31 on Interstate 70 near Junction City.

One of the victims Beasley assisted, Dr. John D. Mosier, a family physician from Herington, Kan., was traveling on the icy interstate when he spun out of control and was struck by a van.

Mosier's truck, which was struck on the driver's side, spun onto the median. The van disappeared into a steep tree-lined



CAB PAO/Roberts

Pfc. Jason Beasley, Co. A, 601st ASB poses with Maj. Gen. Carter Ham, commanding general, 1st Inf. Div. and Fort Riley, Ham awarded Beasley the Army Commendation Medal for his heroic efforts in assisting at the scene of a multi-vehicle accident.

ravine, Mosier said.

Dozens of cars drove past the scene, Mosier said. Beasley was the only one who stopped to help.

"I remember looking up and seeing a man in military uniform running across the highway," Mosier said. "My cell phone rang

and I told someone I was in an accident, but I would be all right because the Army had arrived."

While Beasley calmed and comforted Mosier, a woman driving a red sports car lost control and skidded towards Mosier's truck.

"The car luckily stopped short and didn't hit us," Mosier said. Once Beasley was certain Mosier was okay, he sprinted off to help the victim in the sports car.

"Beasley went above and beyond his duties as a U.S. Soldier," Mosier added. "He took care of everyone and I'm really proud of him."

Beasley credits his actions to the combat life saver course, a one-week, hands-on class that trains Soldiers how to evaluate and treat injuries.

"CLS helped me recognize the situation and realize what I needed to do," Beasley said. "I was able to help as much as possible until the paramedics and authorities arrived."

When the paramedics and police department arrived at the

scene, the van that rolled into the ravine was reported as a hit in run. Beasley sprinted to the gulch and saw the "vanished" van with the driver still behind the wheel.

Mosier said Beasley then summoned the paramedics to help the injured driver.

"If it wasn't for Beasley, the van might have remained hidden," Mosier said.

Beasley said, as a Soldier and a civilian, he felt obligated to assist at the scene.

"The Bible says if you take care of other people you will be rewarded," Beasley said. "I'd expect someone to help me if I was in the same situation."

Beasley made the right decision by stopping to help instead of ignoring the accident, Ham said during the ceremony.

"Army Strong" is about making the right decision, not necessarily the easy decision," Ham said. "I appreciate him for representing all of us so well to our community and showing people what 'Army Strong' is about."

Post, Army news briefly

Water confidence report released

Fort Riley Drinking Water Report Available.

Fort Riley's annual Consumer Confidence Report (CCR) shows the post's drinking water met or surpassed all federal and state drinking water regulations in 2006. The CCR shows that no violations of federal or state drinking water standards occurred in 2006.

The CCR is posted on the internet at www.riley.army.mil.

Fort Riley, like other public water suppliers, is required to provide this information pursuant to the Safe Drinking Water Act. From the Fort Riley homepage, follow the link to Services, then Fort Riley Services and then to the Environmental page, which will have a link labeled "Quality of Tap water Report." Clicking on this link will bring up the 2006 CCR.

The CCR provides information on the type and name of the water source; information on contaminants including a mandatory monitoring list; information on detected regulated and/or unregulated contaminants; any violations associated with monitoring and reporting; and additional health information for immuno-compromised individuals.

Subsequent reports will be prepared and available to the public by July 1 annually.

Information about CCRs can be obtained from the EPA's Safe Drinking Water Hotline by calling (800) 426-4791.

Consumers also may contact David Jones, Environmental Division, Directorate of Public Works at 239-2630 for more information and copies of the CCR.

Pump station improves quality of life in Risalah

By Capt. David Levasseur
2nd BCT, 1st Inf. Div. PAO

BAGHDAD — A project crucial to removing sewage was recently completed in the Risalah neighborhood of the Rashid West security district, a primarily Shia neighborhood in southwestern portion of the Iraqi capital.

The area had been suffering from a glut of standing sewage, made worse by the heavy rains over the past several weeks.

The completed project, dubbed Sewage Pump Station TC3, now allows neighborhood sewage to be pumped out of the neighborhood and to a main station that serves the entire southern Baghdad region.

The pump station required refurbishment of the building, installation of the two primary pumps, purchase of two portable pumps and installation of a new transformer to power the entire system.

Contractors completed all work Feb. 1, and an inspection by members of the city council was concluded about a week later, marking the formal completion of the project.

"The inspection by the city council was critical to this project. It marks the formal completion and gives the council ownership of the pump site," said Capt. Patrick Bailey of the 2nd Brigade, 1st Infantry Division's Essential

Services Cell.

The Risalah city council, in cooperation with the Baghdad Essential Services Council, began planning the project nearly six months ago.

There were a few setbacks. Initially, the project was beset by security concerns and some small attacks at the site. Other challenges included the beginning of the rainy season, which slowed work due to wet conditions.

"The contractor was able to complete this project because the security situation has drastically improved since it was started," Bailey said. "TC3 shows the people of this area that things are improving and that their local governments really do work."



2nd BCT, 1st Inf. Div./Nash

Capt. Patrick Bailey and Capt. Nick Bauer, both from the 2nd Brigade Combat Team, 1st Infantry Division's Essential Services Cell, conduct a preliminary inspection of the new facilities at Sewage Pump Station TC3 in Baghdad's Risalah neighborhood.

**What's happening in your unit?
Call the editor at 239-8854. Let's talk.**

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IACH

continued from page 1

uator selects a patient's record and "traces" back through every area in the hospital linked to the patient.

In the case of an upper respiratory infection, for example, the patient may visit a primary-care clinic, proceed from there to radiology for a chest X-ray; then visit the laboratory and pharmacy. If he should become an in-patient, personnel in sections such as housekeeping, infection control, nursing, and buildings and grounds compliance could all be linked and therefore scrutinized by a surveyor.

At the conclusion of the survey, the Joint Commission noted three administrative areas for improvement, but praised IACH overall. At the top of the list: the hospital provides excellent patient care and patient safety.

The surveyors complimented staff members on their extensive knowledge of their respective areas and processes therein. They also remarked that the 50-year-old hospital is meticulously maintained and is in excellent condition.

Eggleston said the staff members were proud to relay their considerable knowledge to the surveyors, which he felt left the surveyors with a strong sense of the IACH staff's competence. He said the surveyors also were impressed by IACH's incorporation of ALTHA, a relatively new electronic health record that allows real-time, in-depth information on patient tracking, progress, current and past medication profiles, and physician notes.

Col. Dawn Smith, IACH commander, said the hospital hosted observers from other MTFs who quickly relayed the IACH survey results to their home MTFs.

"The word spread quickly within the Medical Command, and IACH enjoys a reputation as being one of the very best MTFs in the U.S. Army," Smith said. "We are extremely proud that the Joint Commission validated what we at IACH already knew and highly prized that IACH is a valuable and effective part of the Fort Riley community."

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Construction

continued from page 1

diers train, as well as those going through annual training and mobilization. Two new barracks buildings were completed at Funston last year. Between those and relocatable buildings, there's room for about 2,800 Soldiers, Goreham said.

The planning division also has been working on places to house families. The project in the Ellis Heights area is about 70 percent completed right now, Goreham said. It has about 64 units, most of which are duplexes.

"There's one single (family home) that's handicap-accessible," he said. "And I believe there's several more which are handicap-adaptable, meaning they can be made handicap-accessible with very little work." More family housing is also planned for the Camp Forsyth area, near the commissary and old Infantry Parade Field.

To better accommodate Soldiers with children, the post added to its child development center using relocatable buildings that can take about 160 children. The center itself also was renovated and accommodates about 60.

Two more child development centers — one at Camp Whiteside and the other at Camp Forsyth — were planned for this year but

may be scrapped if funding doesn't come through. Each of those facilities is rated at 198 children.

The child development center already has a waiting list and finding quality child care seems to be a problem, Goreham said.

"I think it spreads off the installation. Also, I think we have a hard time finding enough qualified caregivers," he said.

Division, Brigade facilities

One of the most noticeable construction projects on post is the new division headquarters. The 138,000-square foot facility is expected to be completed later this fall. The massive building also will house more division personnel.

"Back in '96, the division had about 300 people. Then we went to the 24th Infantry Division, which had about 144 authorized personnel," Goreham said.

"The current 1st ID has about 350, but is going to a 980-man division headquarters. These new divisions are expected to do a lot more than what an old division headquarters did." Two vehicle maintenance facilities (motor pool buildings) were replaced this year on Custer Hill. Goreham said a "small portion" of the old build-



Post/Pence

The new 138,000-square foot division headquarters is expected to be complete this fall.

ings were salvaged. The buildings grew to 35,000 square feet from the previous 22,000-square foot facilities.

Overhead cranes, new doors, new siding and heated floors make the motor pools much more user friendly. Since units now require more office space, that was included in the plans.

"We also provided more shop control space," Goreham said. "And in existing motor pools, we added relocatable buildings to

has more helicopters. The brigade is authorized to have 116 aircraft, including Chinooks, Black Hawks, Apache Longbows and Kiowas.

To accommodate the CAB, temporary relocatable structures have gone up, but those will go when permanent buildings are completed. Plans include a new battalion headquarters, a maintenance facility and refueling station, among other buildings.

"I don't think I can squeeze in another major building at Marshall," Goreham said.

Construction workers busy, for now

With so many different projects going on at Fort Riley, construction crews have not been left wanting. Right now, there's about \$300 million in projects under construction on the post. Housing projects in the surrounding communities also have created work.

But, the work sometimes is sporadic.

Because there isn't that constant demand for major construction crews, contractors have been bringing in workers "from wherever we can get them. It would be nice if we could keep them busy at a steady pace and not have peaks and valleys, because that's hard," Goreham said.

24th Trans. Co.

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"Everybody can't be on the lanes at the same time so in between down time platoons are conducting classes," Williams said. "(They're) learning convoy battle drills, entry control point operations, radio procedures.

"From the time they get up at 0530 until they go to bed at 2200, they are training," Williams said.

"It's cold out here, but it's good training," said Spc. Gabriel Hernandez, a truck driver with the

24th Trans. Co. who manned one of the .50-caliber machine guns. "It's intensive."

The Soldiers simulated scenarios with improvised explosive devices, medical evacuation and civilians on the battlefield in order to give them the total training effect of what it will be like in Iraq, Williams said.

More than 50 percent of the people in the unit have deployed at least once and many of the senior personnel have deployed

twice already, he added.

"We know what to expect and we try to stay updated on the latest information from downrange. We definitely use that in our training," Williams said.

The 24th Trans. Co. plans to continue convoy training until their deployment this spring, Williams said. "We will be well trained by the time we leave."

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KPA

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Great bend tribune

MARKET PLACE

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SCREEN MACHINE

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Black Only
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KPA

2 x 3"
Black Only
purple wave auction PASS

JON MURDOCK AUTO MALL

2 x 8"
Black Only
2x8 Murdock Wd#1

MERCY REGIONAL

3 x 6"
Black Only
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Fort Riley Soldiers, civilians take 15 awards in journalism competition

By Sgt. Nicole Clarke
CAB PAO

Soldiers and civilians from the 1st Infantry Division and Fort Riley Public Affairs Office have something to brag about after receiving 15 awards and an honorable mention in the Keith L. Ware competition at the Installation Management Command West and Forces Command levels. "This is significant," said Scott Rhodes, acting command information officer, producer and director of "In Step with Fort Riley." "In the past, we didn't always place with everything we entered."

Rhodes and Assistant Producer Gary Nap submitted 11 entries in four different broadcast categories and placed with all 11 entries.

"It's gratifying for sure, but you can't let it go to your head," Rhodes said.

"In Step with Fort Riley" is a weekly television show that runs on Fort Riley Command Channel

2, WIBW TV, and the Pentagon Channel.

"We try to put out the best product every week," Rhodes said.

"In Step with Fort Riley" wasn't the only command information product on Fort Riley that won an award. The Fort Riley Post placed third for metro-format newspapers.

One of the journalists and now acting editor of the paper, took two first-place and a second-place award.

"It feels really great to be recognized for a job that sometimes is more fun than work," said Anna Morelock, acting editor of the Post.

Morelock is currently the only member of the Fort Riley Post staff, a staff that used to have three people.

"Right now it's kind of lonely since I'm the only staff member left on our award-winning staff," Morelock said. "I was, however, lucky to work with and learn a lot from past staffers."

The previous editor, Mike Heronemus, did a lot to turn the newspaper around while he was here, Morelock said.

"He played a big part in making sure we had strong community and sports sections," Morelock said. "Right now there isn't as much coverage in those areas as I'd like, but I hope that will be changing in the future as the newspaper staff grows."

Everyone, past and present, in the public affairs office has had a little part in making the newspaper what it is, Morelock said. "Contributions from units and organizations on post have definitely helped keep the paper going."

Along with submitting stories to the Fort Riley Post, the 1st Inf. Div. PAO also puts together Duty First magazine.

The 1st Inf. Div. Public Affairs staff worked hard on the 28-page special edition of Duty First that placed first for Special Achievement in Print Media in the Forces Command Keith L. Ware competition.

tion.

"It feels really good to win this award," said Spc. Stephen Baack, Duty First editor, Headquarters and Headquarters Company, 1st Infantry Division. "A lot of hard work went in to it over the course of several months. I had a lot of help from several sections."

The special edition was Baack's second issue as editor and he said he learned a lot while designing it.

"The special edition and normal edition are different because the typical quarterly issues have news stories focusing on the "Big Red One," with less timely features thrown in throughout the magazine," Baack said. "This latest special edition is filled with detailed historical overviews and photos of notable phases during the division's major wars or deployments."

"We put together the special

edition because the 1st Infantry Division was going through an enormous and historical change as they prepared for their move from Germany to Fort Riley," Baack added. "This seemed like the perfect opportunity to reflect on the great legacy of the Big Red One."

First place winners at the regional level moved on to the Department of the Army level competition. Winners of the DA level competition will be announced March 15.

DUI-free continued from page 1

Still, according to Ransone, he has no secret regarding his unit being DUI-free for three years – and only having one within five years.

"One of the advantages is that these guys have been the 'Fighting Aces' and have been a part of this company for a long time," Ransone said. "We talk about if you get that new guy, we really have to bring him into the fold

quickly to make sure he's not left out there flapping. Get him part of the team so he understands the importance. You put it back on your guys. If one of you gets a DUI, we've all failed."

"I think I'm lucky with the men I have that I don't have to worry about little things like this," he added.

Seigel said he is happy the company takes what, at the time,

seems like the harder right of taking a taxi or calling for a ride if need be time and time again.

"We lose so many Soldiers from alcohol," Ransone said. "It's preventable. It's so preventable. It just takes leaders at every level – that whole battle-buddy concept. It's not just your battle buddy. It's your wife and your family too."

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Commentary

Thursday, March 8, 2007

Fort Riley Post

Page 5

Riley Roundtable

This week's question:

What are you going to spend your tax refund on?



"I used my refund to purchase a plane ticket to go and see my girlfriend in Atlanta, Ga."

Chief Warrant Officer Kevin Linken
Apache pilot
Co. A, 1st Bn., 1st Avn. Regt.
Home: Roswell, Ga.



"I am using my refund to get my hair and nails done professionally."

Linda Clark
Program assistant
Warren Road Child Development Center
Home: Birmingham, Ala.



"I am using my refund for a trip to Jamaica and to pay off some bills."

Staff Sgt. Vanessa Ball
Supply sergeant
Fort Riley Mobilization Brigade
Home: Durham, Maine



"I used my refund for closing cost on a house and to buy a gift for my husband."

Michelle Garson
Stay-at-home mom
Home: Philadelphia



"Buying plane tickets to go to California on Block Leave."

Spc. Whitney Burnett
Heavy equipment transporter
2-2 HET
Home: Columbus, Kan.

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@riley.army.mil or fax them to 239-2592.

Jenny
THE MILITARY
SPOUSE

By Whitney Rogers
Army News Service

ARNOLD AIR FORCE BASE, Tenn. - I will never forget that Sunday afternoon in Maryville, Tenn., when my parents received a phone call. My mom answered the phone and made the telltale gasping noise she only makes when something is wrong. She started crying, hung up and told us my cousin had been killed in Iraq. Staff Sgt. Daniel Morris, 28, died Nov. 25 in Al Judiah, Iraq, when a roadside bomb exploded near his vehicle. Daniel was one of four Soldiers in the Humvee - the others received varying degrees of injuries. Daniel was a Bradley Armored Personnel Carrier operator assigned to the 1st Cavalry Division, Fort Hood, Texas.

Sometime after Daniel's funeral, I was on my way home from work, stuck in interstate traffic, when I heard the song, "This Is Your Life" by Switchfoot. Within the song is the lyric, "This is your life, are you who you want to be?"

I began thinking about my cousin and all of the events surrounding his death. While listening to that song, I realized the type of person Daniel really was.

Daniel was a loving person.

Personal Reflections

Soldier inspired others to 'be who they want to be'



ANS/Stroud

These boots and pictures of Staff Sgt. Daniel Morris serve as a reminder of his dedication to duty and sacrifice while doing what he believed in.

He was a son, a father and a Christian. But most importantly, he was a Soldier. When he was just a kid, Daniel had dreamed of joining the Army.

He was exactly who he wanted to be. The stories friends and family shared about Daniel's faith and commitment to duty reinforced that. For example, Daniel bought a car for the sole purpose of picking people up and taking them to church on Sunday mornings. He bought a riding lawnmower so members of his church congregation could mow

their property. Everything he did, he did for the glory of God.

There is one story in particular I will never forget. Reverend Matthew Reed, the minister at the church Daniel attended near Fort Hood, keeps a map with pushpins in it to show where all the Soldiers he knows are deployed. Before Daniel left for his second tour of duty in Iraq, he gave Reverend Reed a Purple Heart pushpin.

Daniel may have felt he was not coming home, but he went anyway. He went and proudly

served his country. And, like so many of our Soldiers, Sailors, Airmen and Marines, he gave his life for his country and for the Iraqi people. It was who he was. He likely could have answered the song's question, "Are you who you want to be?" without giving it a second thought.

The lessons I learned from Daniel are amazing. I realize that I am not invincible. Along with the good, bad things can and will happen. What is important is how I choose to deal with whatever happens.

I have learned that making the most of my life should be a much higher priority on my to-do list.

I cannot accomplish anything by sitting back, being complacent and letting the world move around me. Instead, I should, as they say, "Grab the bull by the horns" and take advantage of every opportunity that comes my way.

Daniel will always be my hero. He will always be an example of someone who unselfishly gave his life and lived every moment being exactly who he wanted to be.

Not everyone can say the same. The challenge? It's your life. Are you who you want to be?

This article first appeared on the Air Force News Service.

Latest Dope

Convenient stores pull energy drink

By Clyde Sallee
ASAP Prevention Specialist

Some franchise convenience stores have been told to stop selling a caffeine beverage after parent complaints. Convenient store operators are telling franchisees to pull a high-caffeine drink from its shelves because of the product's name, "Cocaine." I personally have not seen any for sale in Kansas in my search, but that does not mean it will not reach us or be put on the shelves of our stores in the near future.

The company acted after getting complaints from parents of teens, who are a big part of the drink's target audience. The store's merchandising team believed the product's name promoted an image they didn't want to be associated with.

The drink comes in red cans with the product name spelled out in what are meant to resemble lines of white powder. According to the label, each 8.4-fluid ounce can contain 280 milligrams of caffeine - more jolt than a cup of coffee, a can of Coca-Cola or Red Bull - but no cocaine. This drink is made by a company that markets it as "the legal alternative."

Thirty-one percent of U.S. teenagers say they drink energy drinks. This represents 7.6 mil-

lion teens, a jump of almost 3 million in three years. Nutritionists warn that the drinks, laden with caffeine and sugar, can hook kids on an unhealthy jolt-and-crash cycle. The caffeine comes from multiple sources, making it hard to tell how much the drinks contain. Some have B vitamins, which when taken in mega doses can cause rapid heart-beat, numbness and tingling in the hands and feet.

Our biggest worry is how some teens use the drinks. Some report drinking several cans in a row to get a buzz. Some reported getting a rush from the drink, but side-effects like heartburn, a racing heart and a numb feeling in the throat were

noted. Energy drinks are moving towards bigger cans with some products raising the caffeine content to gain a competitive edge, the biggest, so far, is 24 ounces. A new study found a surprising number of poison-center calls from young people getting sick from too much caffeine.

In my opinion, no matter what you call it, if you are marketing a product that could promote drugs or health problems, merchants should consider not selling it.

For information on 'Cocaine' in a can call the Army Substance Abuse Program Prevention Services at 239-1928 or 239-5047.



Clyde Sallee

Grunt By Wayne Uhden



FORT RILEY POST

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Aviators train 24-7 for upcoming mission

By Pfc. Dustin Roberts
CAB PAO

The Combat Aviation Brigade continues to train night and day to prepare for their upcoming deployment to Iraq.

"We're literally flying 24/7," said Lt. Col. Mike Tetu, 2nd Battalion, 1st Aviation Regiment commander. "The mission always continues."

The CAB is scheduled to

deploy sometime this summer and is conducting numerous training missions to stay combat ready, Tetu said.

By keeping in constant communication with Fort Rucker, Ala., the war fighting core of aviation, Tetu said, the CAB assesses each mission with precision and immediacy.

Fort Rucker assesses exactly what aviation units are doing in Operations Iraqi and Enduring Freedom and sends the informa-

tion out to other aviation units, including Fort Riley's CAB.

An aviation tactics newsletter gives info to aviators about training and safety techniques that keep them in the know at all times, Tetu said.

"Everyday tactics are discussed with a cup of coffee in the morning or in the cockpit between two pilots," Tetu said. "It's a constant assessment that allows us to make changes to keep us flying longer and safer."

Adjustments in training are made when necessary, said Capt. Adrian Bauer, a CAB staff officer.

"Before we fly, we have to know everything that's going on," Bauer said. "It's our job to do missions safely, and we're not going to shy away from it."

Aviation is so important in Iraq, Tetu said. Aviators are encouraging each other to keep up with the mission tempo of the ground troops. The CAB's Chinooks, Apaches, Black Hawks, and other helicopters will support ground troops in Iraq with medical missions, equipment and supply drop-offs, and attacks on the enemy.

"The brigade integrates with ground troops night and day to accomplish the mission," Tetu said.

Aircrafts go down because of accidents or when hit by enemy fire, Tetu said. If an aircraft goes down, the aviation mission does not slow down.

"We're not modifying any of our missions because of the enemy," Tetu declared. "The



Post/Pence

Pvt. Corey Smith and Pvt. Kelli Aitken make repairs to a Black Hawk main rotor hub in one of the Combat Aviation Brigade's hangars at Marshall Army Airfield. The Black Hawk was receiving maintenance after tours in Iraq.

ground guys and gals who need our support are not going to wait because we're sitting out on the airfield afraid to go out. There's no lack of courage."

However, Tetu stated, the mission doesn't continue without proper assessment and necessary changes.

"As the ground forces' mission changes, our mission changes,"

Bauer said. "We adjust how we fly when adjustments are needed."

Like any other war that has occurred in the past, the enemy's tactics adjust as well as U.S. troops'.

"Every day we ask ourselves, 'how does the enemy see us?'" Tetu said. "We put ourselves in their perspective and it helps us

adjust to be more successful."

With information shared from Fort Rucker and constant training in the air, the CAB adjusts accordingly to the aviation mission in Iraq.

"When the time comes for the brigade to conduct real war-time missions, Tetu added, "We're not afraid to go up in the sky."



Post/Pence

Lt. Col. Mike Tetu, 2nd Bn., 1st Avn. Regt. commander answers questions from a local journalist about the Combat Aviation Brigade's current challenges and training Soldiers are conducting with different types of helicopters for the brigade's upcoming deployment.

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1st Replacement Company to ‘take hill’

By Pfc. Francisca E. Vega
1st Inf. Div. PAO

First Replacement Company staff members have orders to “take the hill” this March.

Some of the staff will move from their facility on Main Post to Custer Hill to better serve the in-processing Soldiers of the 3rd Brigade Combat Team, 1st Armored Division, which is scheduled to convert to a heavy brigade combat team in April. The brigade will have an end strength of about 3,800 Soldiers.

To accommodate the large influx of Soldiers, the 1st Repl. Co. is moving its in-processing facilities to Building 7846, said Capt. Adam Smith, the 1st Repl. Co. commander.

The new facility on Custer Hill, which is located off of Apennines Dr., was left vacant when the 4th Infantry Brigade Combat Team deployed in early February.

The move will be temporary, Smith said, and the 1st Repl. Co. should be back to normal by the first two weeks of May, after 3rd BCT is no longer in-processing large numbers of Soldiers.

“There isn’t enough room in the building to house the Soldiers coming in,” said 1st Repl. Co. 1st Sgt. Charles Paige. “And the move should better facilitate the traffic on Main Post.”

Fewer shuttles will be needed because the majority of incoming Soldiers will be housed within marching distance to the resources they need.

Not all of 1st Repl. Co. will be moving, however. All Soldiers,

including those assigned to 3rd BCT, still report to Building 208 on Main Post upon their arrival.

Only Soldiers who are slotted for assignment to 3rd BCT will receive additional in-processing on Custer Hill.

“The move should streamline the whole process,” said 1st Sgt. Thomas

Pollack, Headquarters and Headquarters Company, 3rd BCT. “Everything the Soldiers need to do is on the hill.”

Most of the Soldiers being assigned to 3rd BCT are coming to Fort Riley straight out of Advanced Individual Training, where they receive training on their military occupational specialties. Other Soldiers are being reassigned to 3rd BCT from various units around the Army.

The command team from 3rd

BCT plans to supply 1st Repl. Co. with about 17 noncommissioned officers and junior enlisted Soldiers to help offset the additional workload expected, Smith said. The Soldiers will assist with tasks such as driving busses and completing administrative paperwork.

The 3rd BCT command team also plans on instituting and operating a shuttle service from Fort Riley to the Kansas City Airport, Smith said.

Moves like these are complicated, Smith said. It requires a lot of coordination between everyone affected.

The 3rd BCT is converting to a heavy brigade combat team about 11 months ahead of schedule. Soldiers and families will begin arriving this spring.

Post, Army news briefly

CBRN course offered on post

Fort Riley offers a two-week CBRN Defense course each month to train personnel assigned to units’ CBRN Control Party.

The Control Party consists of a CBRN Officer and CBRN NCO (an enlisted alternate if no CBRN NCO is assigned).

It’s also an opportunity to earn five college credits from Barton College.

These positions are inspected areas during command inspections. The class also provides training to unit 74D, CBRN NCOs (as long as they are not a

BNCOC grad).

Units can have multiple Soldiers trained for continuity.

The next post CBRN courses are scheduled for March 19 through 30 and April 16 through 27.

Prerequisites for the class are:

- A GT score of 100 or above (or ST of 95 or above).

- Rank of specialist or above (waiverable for private first class).

- A minimum of one year service remaining.

Units should call Jerald Bus-ing, Troop Schools, at 239-5432 to register. For more information on the course, units also can call Michael Walter, Post Chemical, at 239-6395.

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AUSA

Post, Army news briefly

Tax Center offers services

The Fort Riley Tax Center will once again offer free income tax preparation to Soldiers, their family members, and retirees.

The Tax Center will help prepare and e-file federal tax returns and will also assist in preparing state returns.

Persons wishing to file should bring proof of identification including social security cards for all family members along with any tax forms and a copy of last year's return.

The Fort Riley Tax Center is located in building 7434B, directly across from the bowling alley on Custer Hill.

Hours of operation are 9 a.m. to 6 p.m. Monday through Friday and 9 a.m. to 1 p.m. on Saturday. Call 239-1040 for more information or an appointment.

Pieces of 'Big Red One' history return to Fort Riley

1st Inf. Div. Staff Report

Historical records from a celebrated former 1st Infantry Division commander finally made

their way home to the Fort Riley Museum Division.

Photographs of, and articles and information about Maj. Gen. Terry de la Mesa Allen, com-



CAB PAO/Clarke

Museum Division Director Bill McKale looks over documents received from the 104th Inf. Div.

manding general during World War II for the 1st Inf. Div. in North Africa and Sicily, were formally presented to Maj. Gen. Carter Ham, commanding general of the 1st Inf. Div. and Fort Riley, by Maj. Gen. T.K. Moffatt, 104th Infantry Division commanding general.

Officials from the Oregon and Washington-based 104th Inf. Div. brought the existence of the historical documents to light. Because of Allen's association with the "Big Red One," they made it a priority to bring the records to Fort Riley.

"Allen is certainly one of the more colorful, charismatic, dynamic commanding generals of the Big Red One; so it's certainly appropriate that these papers to come to us," said Bill McKale, director of the Fort Riley Museum.

Originally dismissed from the U.S. Military Academy at West Point, N.Y., for failing classes and being deemed "beyond assistance," according to an Aug. 1943 Time Magazine article, Allen distinguished himself as a renowned and respected leader from his exploits in WWI and WWII.

Between wars, he was temporarily promoted to brigadier general Oct. 1, 1940 and was assigned to Fort Riley's 3rd Cavalry Brigade. Allen was later permanently promoted to major general during WWII when he commanded the Big Red One in England, North Africa and Sicily.

Despite being a successful combat leader during the war along with his second-in-command, Medal of Honor recipient Brig. Gen. Theodore Roosevelt, Jr., Gen. George S. Patton ended up relieving Allen of command in 1943 for what to him was an unorthodox approach to warfare.

Allen went on before the end of WWII to become the commanding general of the 104th Inf. Div., during which 34,000 Soldiers served beneath him and at one point fought for 195 consecutive days.

The recovered records, in the form of documents and compact discs, have since been given to McKale for public display.

Included in the collection of documents and photos was a summary written by Allen about the 1st Inf. Div. in WWII, articles and

information about Allen himself, and photographs of him, McKale said.

"He left his stamp on the division as a dynamic and inspirational leader who looked after his men," McKale said. "There was a real bridge between the Soldier in the field and General Allen."

Allen is known for being the only 1st Infantry Division commander to have never held the rank of colonel, McKale said, effectively skipping the rank from lieutenant colonel to brigadier general.

Allen served the Army for 33 years and was decorated with the Silver Star, a Purple Heart with one Oak Leaf cluster, the Distinguished Service Medal with one Oak Leaf cluster and the Legion of Merit. Allen retired from active duty in August 1946.

"This is another piece to contributing to the history of 1st ID," McKale said. "I think it's a valuable addition to piecing that story together for present-day and future Soldiers so they can look back and say that this is part of our heritage and history -- and part of our leadership."

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Safety officer's invention saves trapped Soldiers

By Spec. Chris McCann
2nd BCT, 10th Mtn. Div.

CAMP STRIKER, Iraq - One of the top killers of Soldiers in Iraq isn't necessarily combat related. Since operations began there in 2003, many Soldiers have died trying to escape Humvees that have rolled into Iraq's numerous irrigation canals.

When an armored truck is upside down or on its side, it can take three Soldiers to push a door open wide enough for passengers to escape. Doors sunken into mud are nearly impossible to open.

"If you go into a canal, there's a really good chance you won't come out alive," said Bill Del Solar, safety officer for the 2nd Brigade Combat Team, 10th Mountain Division.

After some experimentation, he developed the Rat Claw, a flat, steel hook that attaches to almost

anything - the Humvee's built-in winch or towing hook, a chain set or aircraft cable. One tug with another vehicle can open the door, or if necessary pull it completely off.

"If you get a little momentum, you can pull anything off," Del Solar said.

The operation typically takes less than a minute. In the worst cases, it can take three minutes from the time the vehicle goes into the water.

The human brain can go three to four minutes without oxygen before suffering damage, Del Solar pointed out.

"It's a reasonable amount of time for a rescue," he said.

The 4th Battalion, 31st Infantry Regiment, 2nd BCT, 10th Mountain Division, recently used the Rat Claw when a Humvee flipped over in an IED explosion. The doors were damaged by the force

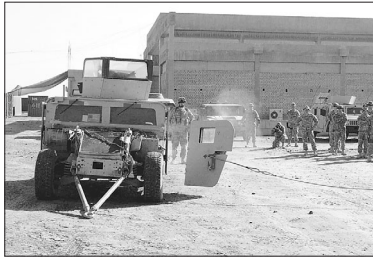
of the blast, but Soldiers were able to open the vehicle and extract their wounded comrades, including Lt. Col. Michael Infanti, their battalion commander.

"I remember I was pinned inside the truck," said Infanti. "Fuel was dripping on me. I was in pain, but the Soldiers did extremely well and the Rat Claw worked. It took one try and I was out of the vehicle."

"Honestly, I don't know how they would've gotten me out with the equipment we had on hand, if we didn't have the Rat Claw," he said.

The Rat Claw can be used to turn a vehicle over or even pull it completely out of a canal.

"We hope it will save lives by making it easier for fellow Soldiers to rescue each other," said Del Solar.



2nd BCT, 10th Mtn. Div./McCann
A Humvee door is pulled off during a demonstration of the Rat Claw, a flat, steel hook developed by Bill Del Solar, safety officer for the 2nd Brigade Combat Team, 10th Mountain Division. Del Solar developed the Rat Claw to aid in extraction of Soldiers from Humvees when the doors are damaged or wedged shut.

Airmen test nonlethal method of repelling enemy

By Airman 1st Class Eric Schloeffel
Armed Forces News

MOODY AIR FORCE BASE, Ga. - Airmen of the 820th Security Forces Group here are currently evaluating a long-range, non-lethal weapon system that could eventually save lives in the war on terrorism.

The Active Denial System is designed to engage and repel human targets by projecting a beam of energy that creates an intolerable heating sensation on the skin, said Tech. Sgt. John DeLaCorda, the NCO in charge of the 820th SFG advanced technologies section.

"Right now, we don't have a medium between shouting and shooting when determining an adversary's intent," he said. "When operating ADS, you can be at a distance even further than small arms range and still repel an individual."

The ADS beam is invisible and operates on a 95-gigahertz millimeter radio frequency wavelength that moves at the speed of light. The effect penetrates the skin at 1/64 of an inch which causes pain receptors to react. Once removed from the targeted area, the effect of the beam quickly

ly dissipates.

"The pain is comparable to an intensified version of opening an oven and feeling the initial blast of hot air," said Staff Sgt. Jason Delacruz, an ADS operator who has also been exposed on several occasions for training purposes.

"The effects are extremely sudden, and natural instincts automatically force you to quickly exit the target area."

ADS cannot be impeded by most readily available materials and is designed to be very discriminate.

While the effects can be unpleasant, ADS has undergone extensive testing since its inception more than 12 years ago.

Human effects experts have determined there are no long-term health effects associated with ADS, and research involving more than 600 volunteers and 10,000 exposures has proven there is a less than a one-tenth of 1 percent chance of even a very minor injury.

The beam is also designed only to affect an individual for a short moment due to safety presets and features, DeLaCorda said.

"ADS isn't developed to engage a target for a long period of time, and we aren't trained to operate it that way," he said. "Once we expose an individual

and determine their intent, we will no longer engage them with the beam."

The 820th SFG was the first unit selected to conduct the extended user evaluation portion of the advanced concept technology demonstration process.

This process is designed to expedite the transfer of advanced technologies to the warfighters.

To evaluate the system, 820th SFG airmen are conducting a series of realistic combat scenarios to determine its potential effectiveness in a deployed environment.

Some of the system's intended benefits include helping troops secure base perimeters, checkpoints and entry control points, peacekeeping and humanitarian assistance, and crowd dispersal, DeLaCorda said.

"ADS has been very effective, and we're getting a lot of positive feedback," the sergeant said.

"Nonlethal weapons have a real role on today's complex battlefield because telling the difference between combatants and noncombatants can be very difficult. In the long run, this can help limit collateral damage, protect the innocent and save the lives of our men and women in combat."



AFNews/Chiarvotti
Airmen from the 820th SFG are currently evaluating the Active Denial System at Moody Air Force Base, Ga. ADS is a nonlethal weapon designed to engage and repel human targets by projecting a beam of energy that creates an intolerable heating sensation on the skin.

Post, Army news briefly

Discover Riley's treasures

Newcomers to Fort Riley, and those who wish to learn more about the post are invited to attend a post orientation April 6 offered by Army Community Service's relocation staff. Participants will learn fun facts, interesting information and what the Fort Riley area has to offer. Orientations will be held the first Friday of every month. Contact ACS - Relocation at (785) 239-9435 or site2665@riley.army.mil to reserve a seat.

ASAP offers training

The Fort Riley Army Substance Abuse Program conducts monthly classes for Soldiers in the rank of sergeant and above who have been selected by unit commanders to assist them as an ASAP subject matter expert.

During the certification process, Soldiers learn how to administer the Unit Biochemical Testing program, assist commanders in briefing new unit personnel regarding ASAP policies, procedures and services, and how to develop, manage and facilitate the ASAP prevention education program to their Soldiers.

Classes are scheduled March 21-22, April 25-26, May 23-24 and June 13-14.

The Unit Prevention Leader Certification Course has a rigorous two-day curriculum with a required final test to achieve UPL certification. The course will be taught from 9 a.m. to 4:30 p.m. each scheduled day at the Digital Training Facility in Building 7285.

For information on the Unit Prevention Leader Certification Course or how to enroll Soldiers for the class, call Clyde Sallee, Fort Riley UPL training coordinator, at 239-1928 or 239-4151.

Army fields new neck gear

U.S. Army news release

The U.S. Army announced Feb. 28 it is fielding 430,000 new helmet pads, officially referred to as nape pads, designed to better protect Soldiers' neck areas from ballistic fragmentation.

The Army will begin shipping the new protective pad immediately to Soldiers deploying in support of Operations Iraqi Freedom and Enduring Freedom.

The new neck pad went through a series of rigorous evaluations before the Army began fielding it. The pads were tested through a National Institute of Justice laboratory institute in ballistic research.

"Protection of our Soldiers is the Army's priority mission," said Brig. Gen. R. Mark Brown, Program Executive Officer Soldier and commanding general, Natick Soldier Systems Center, "that's why we have the world's best body armor bar none, live-fire tested and proven in combat; and that's why we continue looking for ways to make it even better. The new helmet neck pad, the eighth improvement in body armor in the last three years is a great example because it will further reduce injuries and help save even more Soldiers' lives."

"The nape pad easily attaches to the existing rear strap of the Army combat helmet, providing

support, as well as shielding from fragmentation," said Col. John J. McGuiness, PEO Soldier project manager.

The neck pad further complements the Army's system-of-systems approach to force protection, integrating layers of protection for Soldiers on the battlefield. Additional individual protective gear provided by PEO Soldier includes the advanced combat helmet, ballistic eyewear, hearing protection, night-vision devices, the M4 carbine rifle, fire resistant uniforms, and integrated body armor with enhanced small arms protective inserts, deltoid auxiliary protectors and side armor plates.

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Black Only
3x5 Pioneer



U.S. ARMY RESERVES- ARMED FORC
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R O P



Soldiers get second chance at eye chart

By **Spec. Stephen Baack**
1st Inf. Div. PAO

Two 1st Infantry Division Soldiers recently began seeing the Army in a new way – unencumbered by glasses or contacts.

Pfc. Andrea Merritt, print journalist and public affairs specialist with Headquarters and Headquarters Company, 1st Sustainment Brigade, was one of approximately 200 Soldiers to receive photorefractive keratectomy, or PRK as it's more commonly called, in February at Fort Riley's Irwin Army Community Hospital.

"At first I wasn't sure if I wanted to do it, but at the same time I thought I probably should because I was even thinking about it before I joined the Army," Merritt said. "I've been wearing glasses my whole life."

Merritt said she was nervous at first because she wanted to avoid the risks of eye surgery, but it became more of a priority once she discovered her brigade was scheduled to deploy in support of Operation Iraqi Freedom later this year.

Glasses one more thing to worry about

Breaking her glasses, misplacing lens inserts for her chemical protective mask, fumbling with them during an enemy engagement – these potential situations and others she said became the basis for her going through with PRK surgery.

"It's just one less thing to have to worry about ... because there are so many other things you have to worry about when you're over there," Merritt said. "Anything to make the situation easier, I'm definitely into it."

Spec. Michael Lindolph, an administration specialist with the 1st Inf. Div. Public Affairs Office,

confirmed Merritt's concerns. Though he is not scheduled to deploy, he redeployed from Kuwait and Iraq last year.

"I was in Kuwait for eight months," Lindolph said. "We were dealing with sandstorms, the heat and the environment. With glasses, your glasses tend to fog up, get sand in them and have a hard time focusing on things in general."

Upon enlisting, since Lindolph had been diagnosed with glaucoma, he wanted to get the surgery, but he was still nervous.

"It'll continue despite being nervous, but I just want to get it over with," Lindolph said before his procedure. "I hope I won't have to use my glasses anymore while I'm doing my work in the office or if I'm going to the range to qualify, I'll qualify better. I hope I can drive better at night. I won't have to worry about slowing down with cars behind me. I'm looking forward to the surgery."

PRK surgery, or even Laser Assisted In Situ Keratomileusis (LASIK), was not always as accessible to Fort Riley Soldiers as it is now.

In 2000, the military purchased six laser-based refractive surgery devices and distributed them among installations across the U.S. as part of the Warfighter Retraction Eye Surgery program created to address problems for Soldiers with corrective lenses and make them more efficient at their jobs, said Capt. Nicholas Pefkaros, chief of ophthalmology at IACH. Until recently, however, Fort Riley was not one of those installations.

Later last year, leaders from Fort Riley were able to secure funds to purchase a laser-based refractive surgery device, which they did about two months ago.

Before receiving the device, Pefkaros would take 15 to 20 Sol-



An ophthalmology technician applies a numbing drop into the eye of Spec. Michael Lindolph, administration clerk with the 1st Inf. Div. Public Affairs Office, before his photorefractive keratectomy procedure at the hospital Feb. 23.

diers to Fort Hood once a month where ophthalmologists would screen them, perform the surgery and let them stay for the post operation period.

Now Pefkaros' goal is to help half of the approximately 16,000 active-duty Soldiers assigned to Fort Riley – those who wear corrective lenses – get rid of them.

"It's amazing," Pefkaros said of the surgery. "We spend so much time training our Soldiers, how to make them more powerful, how to make them more equipped when they're out in the desert. Something we neglected to think about in the past was their vision. They can't do the skills and activities that they were trained to do if they can't see their enemy."

Since the laser's arrival at IACH, more than 2,000 Soldiers have been added to the waiting list for PRK surgery. Though the machine is capable of either PRK or LASIK, Pefkaros is dead-set on PRK for Soldiers.

"With the 'flap-and-zap,' which is also called LASIK, that flap, in very specific situations, can theoretically dislodge or even rip-off," Pefkaros said. "If that happens, the Soldier's vision goes from 20-15 to legally blind in less than an instant."

Because of the substantial number of combat arms Soldiers assigned to Fort Riley who often engage in harsher training and more dangerous missions, Pefkaros said, PRK is the preferred surgery.

"No question, especially because they're infantry," Pefkaros said. "You've got to take care of those people first because they're at the frontlines. They're the door kickers. We've got to make sure they can see everything we're wanting them to."

Instant gratification

The surgery itself takes about two minutes per eye and is painless, Pefkaros said. After an ophthalmology technician applies a numbing eye-drop, Pefkaros uses a device to smooth the eye's epithelium, or other layer of the cornea, which allows the laser to reach deeper structures within the eye to reshape it.

The laser reshapes the irregularities of the cornea, allowing the



A monitor (upper left) shows the eye of Spec. Michael Lindolph, administration clerk with the 1st Inf. Div. Public Affairs Office, up close during his photorefractive keratectomy procedure at the hospital Feb. 23.

patient to attain "perfect" vision and defeat the need for corrective lenses, Pefkaros said.

"I thought it was going to be worse than that," said Merritt, who said she immediately noticed a big difference after surgery. "I was scared, but I didn't feel any pain. As soon as I got up, I was able to see and that felt really nice."

"Wow," Merritt added. "It's a relief. I'm happy. I'm just really, really excited."

Lindolph also said he was surprised at how suddenly his visual acuity changed for the better.

"Everything is a lot brighter, a lot clearer," said Lindolph, whose quick reading of the eye chart elicited a gasp from both ophthalmology technicians in the OR.

"Even with my glasses on, I couldn't get that far down on the chart," he said.

A Fox reporter in the waiting room asked Merritt after the surgery about the sudden change in her vision.

"What about now, looking at me," she said. "What do you think?"

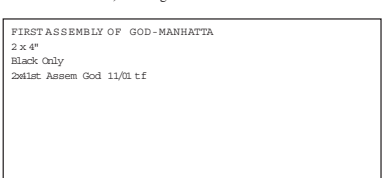
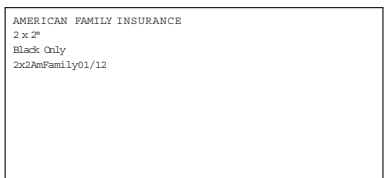
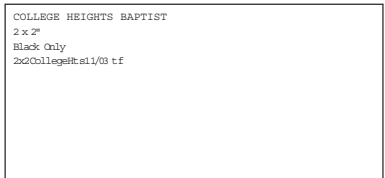
After a pause, Merritt answered, "You're pretty."



Capt. Nicholas Pefkaros, chief of ophthalmology at IACH, listens as Pfc. Andrea Merritt, a public affairs specialist from HHC, 1st Sust. Bde., reads the smaller lines on the eye chart after her photorefractive keratectomy procedure at the hospital Feb. 23.



Capt. Nicholas Pefkaros, chief of ophthalmology at IACH, applies a device to the eye of Pfc. Andrea Merritt, public affairs specialist with HHC, 1st Sust. Bde., to smooth the epithelium, or other layer of the cornea, before initiating the laser during her photorefractive keratectomy procedure at the hospital Feb. 23.





Fort Riley Community Life

Thursday, March 8, 2007

Home of the Big Red One

Page 13

Community news briefly

Battalion league sign ups begin

The 2007 Fort Riley battalion-level volleyball and soccer leagues will begin approximately March 19 and run through the end of April. Each battalion is authorized one team each in men's and women's battalion-level volleyball and one team in the soccer competition. Women may play on a men's team if they don't have enough females to have their own team.

Battalions must submit their letters of intent to play to the Sports Office by close of business March 13. Letter of intent forms can be picked up at the sports office in King Field House on Main Post between the hours of 7:30 a.m. and 4:30 p.m.

Along with the letter of intent, battalions must submit a copy of their AAA-162 in order to enter the volleyball or soccer league. Any player eligibility questions must be addressed at the time of team registration.

For more information, call the sports office at 239-3945 or 239-2172.

School to host visitor's day

Flint Hills Christian School in Manhattan will host a Kindergarten Roundup and Visitor's Day from 9:30 to 10:30 a.m. and 6:30 to 7:30 p.m. March 13. Parents and prospective students from pre-K through high school can tour the campus, visit classes, meet the teachers and check out the curriculum. Activities are planned for pre-K and kindergarten children, who must be four years old (for pre-K) or five years old (for Kindergarten) by Aug. 31 to enroll.

Picerne to host day off activities

Picerne Military Housing will host "Down Range Day Off," a free luncheon featuring guest speaker Terri Norvell, from 11 a.m. to 3 p.m. March 27.

Free childcare will be provided for the event, which is open to resident spouses of deployed or unaccompanied Soldiers. Following lunch, residents will participate in an afternoon with Terry Norvell, a motivational workshop facilitator. Norvell's program is designed to inspire and empower participants towards a heightened sense of understanding, trust and courage.

"Down Range Day Off" is entirely free but space is limited. Please contact your Picerne Neighborhood Office to register. The deadline to register is close of business March 12.

Golf for free

Golf for free and enter to win prizes during the Custer Hill Golf Course Open House from 1 to 5 p.m. March 31. The event will feature a long drive contest, putting contest and a grand-prize drawing for a free 2007 membership. For more information, call 784-6000.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Family welcomes 2 brothers, sister

By Alisha Cooper
The Daily Union

A Fort Riley family doubled in size Feb. 3 with the birth of triplets delivered at the neonatal intensive care unit at Stormont-Vail in Topeka.

After months of anticipation, Sgt. David and Mariah Simpson welcomed Tobias, Tytus and Liberty to the family, which includes the triplets' 5-year-old brother,

Justice.

Identical twin brothers Tobias and Tytus were close in weight and size at birth. Tobias weighed 3 pounds, 5 ounces and was 16 1/4 inches long. Tytus weighed 3 pounds, 2 ounces and was 16 inches long.

Sister Liberty weighed 2 pounds, 10 ounces and was 14 1/2 inches long.

"Mariah is still recovering slowly after her C-Section, and the babies are doing OK for being

born at 31 weeks," David said. "Premies have their ups and downs, so we are taking it one day at a time." David, a sergeant with the Combat Aviation Brigade at Fort Riley, moved his family in August 2006 from Fairbanks, Alaska, where he was stationed for three years.

Mariah was born and raised in Anchorage.

Moving to a different part of the country was not the only adjustment Mariah would face.

For two-and-a-half years, the Simpsons had been trying for a baby with no success. That was until they discovered they were pregnant in September with triplets.

"Natural triplets are rare but can happen to anyone," Mariah said.

On Jan. 16, Mariah was admitted to Irwin Army Community Hospital on bed rest because of her expected labor getting close, David said. Doctors wanted to

keep a close eye on her.

The labor and delivery team at Irwin were absolutely wonderful and very caring, Mariah said. Her OB/GYN doctor at Irwin stuck with her through most of the pregnancy, putting Mariah as a high-risk patient for regular visits.

Her doctor was highly responsive when it came to questions and concerns, she said.

Mariah stayed at Irwin until

See Triplets, Page 16

Just say 'no'



1st Inf. Div./Baack

Fifth-grade teacher Steve Poernich hands out certificates to fifth-graders at Fort Riley Elementary School Feb. 27. The students received certificates for completing the nine-week DARE program.

Fifth-graders graduate DARE program

By Spc. Stephen Baack
1st Inf. Div. PAO

Two fifth-grade classes at Fort Riley Elementary School graduated from the post's Drug Abuse Resistance Education program Feb. 27.

The program, conducted by Spc. Noel Gerig, military police Soldier and DARE officer from Headquarters and Headquarters Detachment, 97th Military Police Bat-

alion, incorporates five schools on post and is nine weeks long.

Eleven total classes from the schools allocate one hour per week to learn about drugs, alcohol and tobacco, and the ways to resist them and make safe decisions, Gerig said.

"Drug prevention is where it's at," said Gerig, who was also a DARE officer in Korea before his deployment in support of Operation Iraqi Freedom. "It teaches them good decision making at a young age."

As the culminating task before graduation, each fifth-grader wrote a DARE report discussing what the student learned and how that student is taking a stand against drug use. Out of the approximately 45 students who graduated, two students' essays were chosen.

Fifth-graders Paul Bovarnick and Shannon Nolan focused much of their essays on the dangers of tobacco use.

See DARE, Page 15

Program offers education, commission

Enlisted Soldiers go from Green to Gold at K-State

By Pfc. Francisca Vega
3rd BCT PAO

The Reserve Officer's Training Corps offers enlisted Soldiers at Fort Riley the opportunity to further their education as well as their career in the military by becoming cadets, commissioned officers in training.

"My choice to join ROTC simply came from a desire for increased leadership," said Sgt. Jeffery Zizz, a former medical equipment repair sergeant.

Zizz, a cadet with Kansas State University's "Wildcat" Battalion, is enrolled in the Green-to-Gold program active duty option at K-State. He is working on his graduate degree in political science, and is scheduled to graduate in May 2008.

"Being an officer in the Army was always my goal," said Jessica Williams, formerly an enlisted specialist working as a Chinook helicopter mechanic for the 404th Aviation Support Battalion at Fort Hood.

"The best officers I met as an enlisted Soldier were those who had once been enlisted themselves," she added.

There are three basic options for the Green-to-Gold program. These options are the active duty option, the scholarship option and the non-scholarship option.

Soldiers who have fewer than two years of school to complete can apply for the active duty option if they would like to keep their current benefits. This option does not break their time in service. They also are eligible for the

See Green to Gold, Page 18

Full-time volunteer offers cookies, smiles to Soldiers



Sgt. John Takai, on standby to manifest, couldn't resist the cookies Mary Bonneau offered him. Bonneau bills herself as a full-time volunteer.

By Master Sgt. Jack Lee
1st Bde. PAO

Once again Soldiers gathered at Craig Gym on Custer Hill to manifest, and once again Mary Bonneau was there passing out water, coffee, snacks and smiles.

For the past three years, Bonneau has been a staple at manifests representing the American Red Cross and supporting Soldiers.

"I'm here to let the Soldiers know they are not alone and we are here to support them," she said, handing out another bottle of water.

All the food items are donated from the local community. Bonneau's time is also donated.

For her volunteer work, Bonneau was recognized as the 2005 American Red Cross Volunteer of the Year and as the 2005 Exceptional Volunteer for the local Red

Cross.

The Red Cross is not Bonneau's only volunteer organization.

Bonneau also volunteers for the Fort Riley Thrift Shop, Fort Riley Enlisted Spouses Club, and is a co-leader with her Family Readiness Group, 2nd Battalion, 34th Armor.

In 2006, Bonneau received the Order of St. Joan D'Arc Medalion - the top women's award given to a spouse by the U.S. Army Association - from 2nd Bn., 34th Armor.

"She is a willing volunteer, donating her time for anything the battalion needs," said Lt. Col. David Seigel, commander, 2nd Bn., 34th Armor.

"My husband's a Soldier, too," Bonneau said. "The Soldiers are here to give us our freedom, and I'm here to support them for the freedom they have given me."





Teen Center offers homework help

By Pfc. Francisca Vega
3rd BCT PAO

The Fort Riley Teen Center is offering teens the opportunity to get tutoring services from a qualified instructor during "Power Hour" from 3:30 to 5:30 p.m. during the work week.

This is an optional program at the Teen Center that is highly encouraged, said Wendy Diaz, the new homework technician. Power Hour is set up as an incentive program to promote participation, she added.

The teenagers accumulate points by completing various tasks, such as attending the sessions, finishing homework assignments and completing projects. At the end of each month, points are added up and students may shop at the Power Hour Store where prizes range from pens to skateboards.

"I get my homework done here so I don't have to do it at home,"

said Andrea Lemley, a sixth-grader at Fort Riley Middle School.

"It helps me turn my homework in for good grades so I can get into college," said Kim Harmon, also a sixth-grader at the middle school.

The only thing parents need to do in order for their kids to use the Teen Center is to register them with Child and Youth Services. The services the Teen Center offers are free except during the hours before school from 6 to 8 a.m.

If parents cannot take their kids to the center, Morale, Welfare, and Recreation provides shuttles that go from FRMS to the Teen Center after school.

"Generally speaking, the Teen Center has an open admission. Kids come and go as they please because they are old enough to do that," said Eric Childs, Teen Center director.

For parents who prefer to have

See Teen Center, Page 18



3rd BCT/lego

Heather Moriarty (left) an eighth-grader and Andrea Lemley (middle) a sixth-grader, both from Fort Riley Middle School do their homework with the help of Wendy Diaz, the Teen Center homework technician, during Power Hour at the center.

Community news briefly

Infant care classes offered

The New Parent Support Program will be hosting Infant Care Classes from 9 to 11 a.m. at the Soldier and Family Support Center, Building 7264. Limited child care will be available.

March 15 - Health Care Staff - IACH

March 29 - Preparing for the birth

April 5 - Nurturing a healthy family

April 12 - Growth and Development

April 19 - Infant Safety

For more information on the classes, call Toiane Taylor at 239-9435 or 239-5777.

DAILY UNION
6 x 15.5"
Black Only
service directory



Community news briefly

Childcare provider needed

The Installation Chaplain's Office is looking for a childcare provider to cover the Protestant Women of the Chapel meetings every Tuesday from 8:30 a.m. to noon. This is a paid position and providers must be at least 18 years old and CPR qualified (will train). For more information, call 239-3557.

MPs offer t-shirts, run torch

The Fort Riley police are selling long and short sleeve t-shirts to benefit the Kansas Law Enforcement Torch Run. All proceeds will go to the Kansas Special Olympics. Shirts are blue with "Kansas Law Enforcement Torch Run" printed in yellow lettering. Long-sleeve shirts are \$20 (M-XXL) and short-sleeve shirts are \$15 (M-XXL). To donate and receive a shirt, call the Fort Riley Civil Liaison office at 239-2226 or visit Building 221 on Main Post.

If you would like to participate in the Kansas Law Enforcement Torch Run on May 29, call Staff Sgt. Ryan McCarthy at 239-2226 to fill out a runner's waiver. Fort

Riley runners will pick up the torch at the Ogden Gate from members of the Riley County Police Department and transfer it to the Junction City police at Grant Gate.

'Tell Me a Story' event scheduled

The Fort Riley Parent-to-Parent program would like to announce their first "Tell Me a Story" event on post. The "Tell Me a Story" event will be held from 1 to 2:30 p.m. March 31 at School Age Services, Building 5810 at Fort Riley.

The event consists of three parts. First, Maj. Gen. Carter Ham, will read the story, "Mercedes and the Chocolate Pilot." After the story, several Fort Riley Soldiers will make connections from the story to what they are doing in Iraq and Afghanistan today. Then the families will move into small discussion groups with trained facilitators.

Each family will receive a copy of the book and each child will receive a special souvenir to help them remember the story.

For more information or to make a reservation for the event, contact the Parent-to-Parent team at 226-9164 or at riley-parent2parent@yahoo.com.

DARE

continued from page 13

"Did you ever know what's in tobacco?" Nolan asked of her classmates and faculty during her speech. "Well, there is nicotine in it. Nicotine is a substance that makes tobacco addictive. It also has 200 known poisons in it. More than 400,000 Americans die from tobacco-related illnesses each year."

"Even if someone is pressuring you, just remind them how cigarettes and alcohol can damage your health," said Bovarnick during his speech. "With DARE, you can learn a lot about drugs. Stay away from smokers and stay healthy."

"I pledge to live a drug-free life and to make very wise decisions regarding the use, or lack thereof, of drugs," Nolan said at the end of her speech.

"They really enjoyed it and they remembered what I was teaching them," Gerig said. "They participate very well. You can tell when someone is paying attention. They really liked it."

"I think what really stuck in their minds was the advertising and long-term effects of drugs and alcohol," said Melissa Burgess, a fifth-grade teacher at the school.

If students only take away one main lesson, Gerig said he hopes they simply learn to always try to do what's right and make wise decisions.



DARE Officer Spc. Noel Gerig looks on as fifth-grader Paul Bovarnick reads his essay about what he learned in the DARE program and how he will take a stand against drug use.

1st Inf. Div./Baack

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Black Only
2x2statefarmPBTF.2/22.56251k

FIRST SOUTHERN BAPTIST
2 x 2"
Black Only
2x2FirstSouthern02/16cf

CANDLEWOOD HEALTH MART PHARMAC
2 x 2"
Black Only
2x2Candlewood Health11/03 ttf

SUNNY'S ALTERATION SHOP
2 x 3"
Black Only
2x3Sunny's Alteration02/05

AMERICAN DIRECT MORTGAGE
2 x 4"
Black Only
2x4 American Direct Mortgage





Community news briefly

Outdoor Rec offers workshop

Fort Riley's Outdoor Recreation Center is sponsoring a free one-day workshop for garden and flower growers. "Getting your soil ready for Gardens & Flowers" will be the focus of the workshop from 10 to 11 a.m. March 10 at Rothwell Landscape in Junction City.

Topics covered will include: soil temperature, when to plant, how to prepare the beds, container planting, and vegetable and flower plant beds.

Call the Outdoor Recreation Center at 239-2363 for additional information or to sign-up for the workshop.

Career Expo offered on post

A Career Expo will be hosted from 9 a.m. to 5 p.m. April 5 at Riley's Conference Center. More than 90 national, international and local employers will be present at the event which is sponsored by the ACS Employment Readiness Program and the Fort Riley Army Career and Alumni Program (ACAP).

Resumes are not required, but are encouraged. To obtain a list of attending employers, go to www.riley.army.mil and under Events click on Fort Riley Career Expo.

For more information, please visit the Employment Readiness Program located in Building 7264 or call 239-9435. Information can also be obtained at the ACAP Center, Building 210, room 006 or call 239-2278 or 239-2248.

Dollar days held at thrift shop

Every Thursday is Dollar Days on select items at the Thrift Shop.

For more information contact the Thrift Shop at 784-3873.

ST. PATRICK'S CATHOLIC CHURCH
1 x 1.5"
Black Only
1x1.5ST.Pat.s02/22

MANHATTAN SHOE REPAIR
1 x 2"
Black Only
1x2 Man Shoe

FIRST PRESBYTERIAN CHURCH
1 x 2.5"
Black Only
1x2.5 1st Presbyterian

LIGHTHOUSE CHRISTIAN FELLOWSHIP
1 x 3"
Black Only
1x3Lighthousefellowship1/03 t f

Triplets

continued from page 13

Jan. 26, when she went into pre-term labor. She was then transported to Stormont-Vail, where doctors stopped contractions with medication.

"Mariah's perinatologist at Stormont-Vail made all necessary actions to keep the birthday delayed as long as possible for the babies' health in mind," David said.

The morning of Feb. 3, Mariah felt very different.

Sure enough, she started laboring with real contractions, David said.

Minutes later she was told that was the day and doctors wanted to do the C-Section right away.

David and Justice were at Kansas City International Airport picking up Mariah's mother when he got the awaited phone call, he

said. Mariah insisted that he be there for the delivery, so David rushed to get to Stormont-Vail for the birth of their triplets.

Thirty-five minutes later, he was at the hospital.

"The delivery was very fast and intense," David said. "Lots of nurses and staff rushing around in the operating room." Mariah was happy David was by her side the entire time, and they were both flooded with mixed emotions due to the very "early" birth, she said.

"I was more emotional than anything," Mariah said. "David kept mostly calm, which helped a lot." Filled with worry, the two prayed for healthy babies and a smooth operation.

"Once they were born and we were comforted by tiny baby cries, happiness rushed over us,"

she said.

While the triplets remain in the NICU, the Simpsons have been constantly on the road, going from Fort Riley to Topeka.

The family doesn't know exactly when they will get to bring their babies home but are looking forward to that day and trying to prepare as much as possible.

"Mariah is most definitely going to be a stay-at-home mom for the time being," David said.

David had a 10-day leave when the babies arrived. He will get the opportunity to take a 30-day leave when the babies come home from the hospital, he said.

"David is exhausted," Mariah said. "At first from being a single dad while I stayed in the hospital, and then to instantly being a father of four within minutes."

Justice is overly excited about being a part of all of it, Mariah said. "He got to visit the NICU and see his new brothers and sister," she said. "He, too, is patiently waiting for the triplets to come home."

The family says they are looking most forward to the homecoming and "cuddling with them all day and every day. We've been saving up lots of love for them," the couple said.

With the size of their new family, the Simpsons are moving into a larger home on post in March.

"It will definitely relieve us with some room for all the babies and baby things," David said.

"Hopefully we'll get to set up the babies' room as dreamed about," Mariah said. And thanks to some "very kind people," the Simpsons have three cribs, she said.

Once the triplets are home, the Simpsons hope to have David's parents and Mariah's dad visit their new grandbabies.

"We've had many people offer help," Mariah said.

The Simpsons may be ready for their triplets to come home, but realize they will have triple the work of one newborn.

"We think we'll need a dozen (diapers) a day, per baby," David said. "That's 36 a day and 250 a week, roughly."

Mariah has decided to breast



Courtesy photo

Identical twin brothers Tobias and Tytus lay with their sister Liberty in the neonatal intensive care unit at Stormont-Vail hospital in Topeka.

feed as long as possible, David said, for the babies' health and for money reasons, too. She will use a pump so David can help with feedings.

"We have got a lot of things now for the babies," she said. "That makes it nice, so we aren't running all over at the last minute." But the Simpsons do have one wish. They want to get a mini van. Their Yukon is large enough for a family of six, but there are not enough seats.

"We are thinking about bolting a seat in the Yukon or getting a different car," Mariah said.

"Transportation is really the only thing we have to worry about now," David said. "Getting the triplets home safe is our main concern." The Soldier Readiness Processing Center-Medical Department adopted the Simpsons for the holidays, David said.

"We didn't expect anything, and what we actually got was a

blessing," Mariah said. "We were amazed at the outcome. The whole office pitched in and came together for baby items and family items for us," she said.

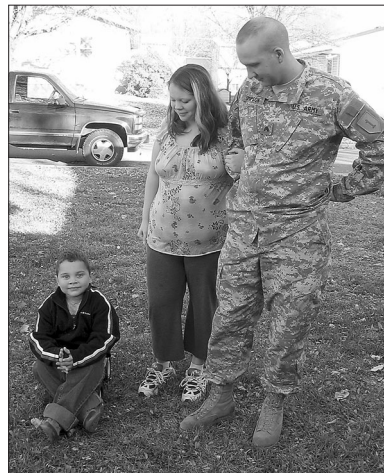
On top of that, SRP went out and found several local businesses in Junction City and Manhattan that donated items, David said.

The staff at Justice's school, Jefferson Elementary on Fort Riley, and the parents of his classmates also helped them in good ways, he said.

They received baby clothes donations and hand-made quilts for the triplets.

"We took some good advice and had a lot of fun creating baby gift registries at walmart.com and target.com," Mariah said.

This story first appeared in the Feb. 14 issue of the Junction City, Kan., Daily Union.



Courtesy photo

Sgt. David and Mariah Simpson, pictured here with their 5-year-old son Justice, doubled the size of their family Feb. 3 with the birth of triplets.

SPRINT- NE PRESS
4 x 10.5"
Black Only
SPRINT HOME

MEMORIAL HOSPITAL ABILENE
1 x 2"
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1x2mdisc.2/2.4113.3k

ARMED FORCES BANK
1 x 13"
Black Only
1x13ArmedForcesBank03/08Free
dk



CLASSIFIEDS





Teen Center

continued from page 14

a little more supervision for their children, there is an Accountability Care Program where parents sign their children in and out of the center. Once at the center, teens are encouraged to participate in all kinds of extra-curricular activities. Besides Power Hour, there is also a Technology Lab.

Both the Technology Lab and homework centers are equipped with fully qualified staff, Childs said. Teens have access to books and materials that can help them with SAT and ACT preparation.

Diaz is working with teens at the center to get a newsletter going.

"Who better to tell the story about the Teen Center than the kids," she said.

Diaz also wants to assemble a

More info

The center is open from 3 to 8 p.m. Monday through Thursday and from 3 to 11 p.m. Friday and Saturday. For more information about the Teen Center and what it has to offer, call 239-9222.

broadcast group, to be created and produced by the teens who go to the center. She hopes to have it air on Channel 2 monthly.

"I'm hoping to get these projects started in late March," Diaz said.



3rd BCT/Vega

Teasia Snowdea, an eighth-grader from Fort Riley Middle School who hopes to become a teacher, has been attending Power Hour for 5 months at Teen Center.

Green to Gold

continued from page 13

non-scholarship option.

If Soldiers have more than two years of school to finish a degree, then they are eligible to apply for the scholarship option.

"I was ineligible for the active duty option," Williams said. "I applied for and was given the four-year scholarship."

Sgt. Jacque Collins, a former infantry sergeant said she chose the active duty route because of her family. The option allows me to go to school while still maintaining benefits like medical and dental for me and my family, she said.

For more information

For more information on the Green-to-Gold program, or other ROTC programs, contact the ROTC office at the university closest to you, or visit http://www.goarmy.com/rotc/enlist-ed_soldiers.jsp.

Once a cadet, their primary mission is to graduate with a degree, said Denise Heinz, human resource administrator at the ROTC office at K-State.

Though a major part of the program is achieving an academic degree, there is also a military portion cadets take through the university. The two portions can

be taken simultaneously.

"I've learned additional leadership skills and many tactics that I was never exposed to as a medical Soldier," Zizz said.

"Being an officer is not easier then being enlisted," Williams said. "It comes with its own challenges and ROTC tries to prepare you for some of those challenges."

After the ROTC program, cadets have an eight-year commitment to the Army where they employ the skills they learned and lead Soldiers.

Home wanted

**Rocco**

This is Rocco. He's a 2-year-old lab mix who is very active and needs an owner to exercise with him. He gets along great with people and other animals, but Rocco might be better suited for a family with older children. He's kind of big and may be too excitable for smaller children.

**Fort Riley Stray Facility
Building 226 Custer Ave., Main Post
Hours: 7:30 a.m. to 3:30 p.m.,
Monday through Friday
Phone: 239-3886**

Community news briefly

Interest sought for club

The Red Cross wants to see if there is enough interest from military teens to start a year-round Red Cross Youth Club at Fort Riley's American Red Cross.

An informational meeting for teens ages 13 to 17 will be held at 10 a.m. April 7. The meeting will be held in the Relocation Room at the Soldier and Family Support Center, Bldg. 7264 Normandy Dr.

Teens will need to enter through the north door and may follow the directional signs.

Call the Red Cross office at 239-1887 to sign up.

Mommy and me time set at pool

Parents, come enjoy play time with your little one at Mommy & Me Time. Each one-hour session costs \$2 per family. Daddies are welcome too. Two child's lifejackets will be provided per parent. No registration required.

Upcoming dates for Mommy & Me Time at Long Pool are March 10, April 14 and May 19.

For more information, call 239-2172.

Legion to host bingo nights

Ogden American Legion Post 207 will host bingo nights at 7 p.m. on Tuesday and Thursday nights beginning April 1.

SKIES classes offered

Gymnastics class has moved back to Child & Youth Services Bldg. 6620 with a new schedule.

Tuesday, 5-6 p.m. for 5-7 year olds, 6-7 p.m. for 7-9 year olds, 7-8 p.m. for 10-15 year olds.

Wednesday, 4:30-5:30 p.m. for 3-5 year olds, 5:30-6:30

p.m. for 4-6 year olds, 6:30-7:30 p.m. for 6-8 year olds. Thursday, 5-6 p.m. for 3-5 year olds. Cost is \$35 per month.

Math Tutor for Middle and High School Math at Child & Youth Services Bldg. 6620:

Tuesday, 6-6:45 p.m. and 7-7:45 p.m.

Wednesday, 6-6:45 p.m. Cost is \$40 per month

Aikido class at Child & Youth Services Bldg. 6620:

Tuesday, 5-6 p.m. for 5-7 year olds.

Thursday, 5-6 p.m. for 8-12 year olds.

Cost is \$40 per month

Archery class at Outdoor Recreation Bldg. 9011: Saturdays, 11 a.m. to noon. Cost is \$35 per month.

All participants must be registered with Child & Youth Services, Bldg. 6620. For more information, call 239-4847 or 239-5440. Space is limited.

Home childcare providers needed

More home childcare providers are being sought from among post residents.

Requirements to be a family child care provider include the successful completion of background clearances on all family members over age 12 living in the home, the ability to read, write and speak English effectively, the ability to interact with children in a loving, positive and developmentally appropriate manner, being 18 years of age or older and living in on-post housing.

Family Child Care holds an orientation meeting the second Thursday of each month from 2:30 to 3:30 p.m. at Child and Youth Services, Building 6620.

For more information, call the FCC representative at 239-9892.

PICERNE MILITARY HOUSING

3 x 10"
Black Only
3x10 FULL Color Picerne

THE EYE DOCTOR

3 x 10"
Black Only
3x10, 3/7, 0977, 1k



CLASSIFIEDS





Travel & Fun in Kansas

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

March 8 – Dreamgirls, PG-13, 131 min.

March 9 – Epic Movie, PG-13, 86 min.

March 10 – Catch and Release, PG-13, 111 min.

March 11 – Blood and Chocolate, PG-13, 98 min.

March 15 – Epic Movie, PG-13, 86 min.

For more information, call 239-9574.

Junction City:

What: Irish Ceili - Irish Dancers from Lincoln, Neb. will give a program of Irish dance before dinner, which will consist of garden salad, corned beef, cabbage, vegetable medley, roasted baby potatoes, corn bread, coffee and tea. A cash bar will be available.

Music by Rowan will be provided after dinner for the community dance.

When: 6 p.m. March 16

Where: Courtyard by Marriott Convention Center

Cost: \$25 for dinner and music, \$10 for music only

...

What: Patricia Lacy-Aiken Gospel Ensemble

When: 3 and 7:30 p.m. April 7

Where: Courtyard by Marriott Convention Center

Tickets: \$21 general seating or \$26 reserved seating

Phone: (785) 213-3297

Manhattan:

What: National Philharmonic of Russia

When: 7:30 p.m. March 10

Where: McCain Auditorium, Kansas State University

Tickets: Public \$40, students and children \$20, military, seniors and faculty \$38.

Phone: (785) 532-6428

Web site: www.ksu.edu/mccain

...

What: Steven Osborne, pianist

When: 7:30 p.m. March 15

Where: McCain Auditorium, Kansas State University

Tickets: Public \$20, students and children \$10, military, seniors and faculty \$18.

Phone: (785) 532-6428

Web site: www.ksu.edu/mccain

...

What: "Much Ado about Nothing," Shakespearean play.

When: April 19-21 and 25-28

Where: Nichols Theatre, Kansas State University

Tickets: \$8 to \$15

Phone: (785) 532-6428

Web site: www.ksu.edu/sctd

Country singer Chely Wright to perform in JC

By Mike Heronemus
The Daily Union

Country singer Chely Wright will open this year's Sundown Salute with a free military appreciation concert in Heritage Park June 29.

No time has been set for the concert, said Sam Robinson, director of the Junction City-Geary County Military Affairs Council, but it will come after she spends part of that day at Fort Riley, meeting, greeting and signing autographs for Soldiers and their families.

Wright may be best known for her hits "Single White Female" and "Shut Up and Drive," but she wrote eight of the 12 songs on her new CD, The Metropolitan Hotel, including the emotionally moving single, "The Bumper of My S.U.V." That song spent nine weeks at No. 1 on the Billboard magazine Country Singles Sales chart and touched the hearts of deployed servicemembers and their families around the world.

Coming from a military family, Wright's lifelong support of U.S. military troops began with performances at veteran's hospitals and military funerals during her childhood.

The past 10 years have taken her all over the world to entertain deployed troops, including performances in Japan, Korea, Kuwait, Germany, Iraq and, most recently, remote military outposts in Afghanistan.

In 2003, she was named "Woman of the Year" by the American Legion Auxiliary and "Kansas of the Year" for her career achievements, her charity work and her support of the U.S. armed forces.

Besides the free concert, Robinson said the Military Affairs Council is trying to sponsor another military appreciation event on June 30. "We haven't decided just what," she said, "perhaps free carnival rides." Future council plans to benefit local military families include hooking up webcams, microphones and headphones to the two Internet-connected computers for free use in the council's office at 814 N. Washington St. in Junction City, Robinson added.

That would allow military families to communicate in a private video teleconference mode, she said. Use of the computers hasn't been great, yet, Robinson admitted, but she hopes adding the

video capability will interest more family members.

The computers are available from 8 a.m. to 5 p.m. Monday through Friday, but Robinson said if there were a demand outside those hours, she could arrange for

volunteers to man the office and make the computers available.

Anyone wanting to use the computers to "talk" with deployed spouses should call the council office at 238-1270, Robinson said.

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